

# Integrating Tobacco Cessation Treatment into Mental Health Care:

A Preceptor Training Program for  
VA Professionals



## **Tobacco Cessation & Mental Health Training Conference**

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**VHA Public Health Strategic Health Care Group**

**Northwest Network Mental Illness, Research,  
Education & Clinical Center**

**Center of Excellence in Substance Abuse  
Treatment & Education**

**VHA Employee Education System**

**May 4 & 5, 2006  
Washington, DC**

## Introduction

**Tobacco use is an enormous public health problem that claims the lives of nearly 500,000 Americans each year and costs the nation over \$160 billion annually.** Veterans with mental and other substance use disorders are at exceedingly high risk to smoke heavily and to suffer disproportionately from smoking-related illnesses and premature mortality.

- Tobacco use is the most preventable cause of morbidity and mortality in the US.
- The prevalence of smoking among VA mental health patients is twice that of the US adult population.
- Over 40% of all current smokers have one or more co-occurring mental disorders.
- People with mental and other substance use disorders smoke nearly half of all cigarettes in the USA.
- Half of all lifetime smokers have quit, but only one quarter of smokers with mental illness have stopped using tobacco.

Tobacco cessation treatment is a VA quality of care performance measure and is reported separately for mental health patients. And although most VA patients with mental disorders who smoke want to quit, fewer than half of these patients report receiving desired smoking cessation treatment.

**Mental health professionals are key to remedying this treatment gap and improving smoking quit rates through the integration of brief cessation interventions into routine mental health and addictions care.**

## Program Purpose and Objectives

**The objective of this preceptor program is to train VA and Vet Center employees to become leaders in tobacco cessation treatment for mental health patients.** Program participants will learn state-of-the art tobacco cessation interventions. Participants will also be trained in strategies for teaching their colleagues how to integrate brief smoking cessation treatment into routine practice. In addition, participants will learn methods for promoting local system changes that support tobacco cessation on VA, DoD and Vet Center campuses.

Program participants will attend a two-day training conference featuring experts in tobacco cessation interventions and methods for integrating these interventions into mental health treatment programs. Following the conference, ongoing consultation will be provided to assist participants in addressing barriers to the integrated care model as they arise.

**Participants will achieve the following objectives:**

- Describe methods for implementing brief tobacco cessation treatment in outpatient mental health, inpatient psychiatry, and addictions treatment settings
- Describe clinical outcomes from treatment trials in smokers with mental disorders
- Describe pharmacological and clinical complications in tobacco cessation treatment for smokers with mental disorders
- Describe administrative and clinical strategies for integrating tobacco cessation treatment into routine mental health and addictions care
- Develop facility-specific goals and an action plan for integrating tobacco cessation interventions into mental health and addictions treatment settings
- Develop strategies for overcoming patient, provider, and programmatic barriers to the integrated care model

## Program Specifics

### Who Should Apply?

All eligible and motivated VA employees are encouraged to apply. Preceptor training will be offered to a limited number of those who meet the following minimum requirements:

1. Full-time employment as a system administrator (e.g., service chief, network manager, medical officer, etc.), psychiatrist, psychologist, psychiatric nurse, pharmacist, physician assistant, counselor or social worker.
2. Clinical or administrative experience in tobacco cessation treatment models, although extensive experience or advanced knowledge is not required.
3. Sufficient time, motivation and commitment to training colleagues in the integrated care model.

### What are the Selection Criteria?

**The preceptor training program will be restricted to 65 participants** who are committed to integrating tobacco cessation interventions into routine mental health and addictions treatment. Special consideration will be given to facilities that seek to improve their standing on performance measures for tobacco cessation counseling with mental health patients. Conference attendees will be expected to provide updates on their dissemination and implementation efforts in the year following the conference.

Multiple practitioners/administrators from any one medical center or network are encouraged to apply, especially if they plan to collaboratively train their colleagues in integrated tobacco cessation treatment after attending the two-day conference.

### Where is the Conference?

The conference will be held at the Four Points Sheraton in Washington, DC. The Four Points hotel is conveniently located in the heart of the city, within walking distance of all major attractions.

## Funding

### Who is Sponsoring the Training Program?

This program is collaboratively sponsored by the VHA Public Health Strategic Health Care Group, the Northwest Network Mental Illness Research, Education, and Clinical Center (MIRECC), the Center of Excellence in Substance Abuse Treatment and Education (CESATE), and the VHA Employee Education System (EES).

### Travel and Per Diem Expenses

We are pleased to provide travel scholarships to a limited number of VA attendees. Scholarships will include airfare, ground transport, lodging and per diem. Please note that applicants must submit a denial of funding from their facilities in order to qualify for a scholarship. There are no registration fees.



## Continuing Education

**Medicine:** The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. EES designates this educational activity for a maximum of 13 hours in category 1 credit towards the American Medical Association Physician's Recognition Award. Each physician should claim only those hours of credit that s/he actually spent in the educational activity.

**Nursing:** The VA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). EES designates this educational activity for 15.6 contact hours in continuing nursing education.



**Pharmacy:** The VA Employee Education System is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education Program # 610-000-05-059-L04.

This program is accredited for 13 contact hours. The EES maintains responsibility for the program. A statement of credit will be awarded to participants and accreditation records will be on file at the EES.

**Psychology:** The VA Employee Education System is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. EES maintains responsibility for this program and its content. As an organization approved by the APA, the EES is offering this activity for 13 hours of continuing education credit.

**Social Work:** The VA Employee Education System, Provider Number 1040, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB; 1-800-225-6880) through the Approved Continuing Education (ACE) program. EES maintains responsibility for this program and its content. Social workers will receive 13 continuing education clock hours in participating in this course.

A certificate of attendance will be awarded to participants and accreditation records will be on file at EES. In order to receive a certificate from EES, participants must sign in at the beginning of this activity, complete an evaluation, attend 100% of the program, and pick up their own certificates at the conclusion of the program (certificates will not be mailed). EES cannot issue certificates for less than 100% participation as required by accrediting body regulations.

## Strategic Planning Committee & Faculty

### **Timothy Carmody, PhD**

San Francisco VA Medical Center

### **Judith Cooney, PhD**

VA Connecticut Health Care System

### **Kevin Devine, MSW**

VA Puget Sound Health Care System

### **Tony George, MD**

Yale University Medical School

### **Mark Geraci, PharmD, BOC**

VHA Pharmacy Benefits Management

### **Kim Hamlett-Berry, PhD**

VHA Public Health Strategic Health Care Group

### **Doug Jorenby, PhD**

University of Wisconsin-Madison Medical School

### **Daniel Kivlahan, PhD**

Center of Excellence in Substance Abuse Treatment & Education

### **Eric Konicki, MD**

VA Ohio Valley Health Care System

### **Miles McFall, PhD**

VA Puget Sound Health Care System

### **Victoria McKeever, PhD**

Mental Illness Research, Education & Clinical Center

### **Yun Russ, RPh, BCPP**

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### **Andrew Saxon, MD**

Center of Excellence in Substance Abuse Treatment & Education

### **Scott Sherman, MD**

VA New York Harbor Health Care System

### **Wayne Talcott, PhD**

Department of Defense

### **Ruth Ann Tsukuda, RN, MPH**

Mental Illness Research, Education & Clinical Center

### **Robert Zeiss, PhD**

VHA Office of Academic Affiliations

# Application

## PERSONAL INFORMATION

Full Name: \_\_\_\_\_

Professional Degree/s: \_\_\_\_\_

Professional Title/s: \_\_\_\_\_

## VA CONTACT INFORMATION

VA, DoD or Vet Center Facility Name: \_\_\_\_\_

Facility Location & VISN: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

## CLINICAL EXPERIENCE & BACKGROUND

1. In what mental health settings or clinics do you work?

\_\_\_\_\_

2. What percentage of your time is spent in direct patient care and clinical supervision? \_\_\_\_\_

3. How would you describe your level of knowledge and skill in tobacco cessation treatment interventions?

Extensive\_\_ Above Average\_\_ Average\_\_  
Below Average\_\_ No Experience\_\_

4. About how many patients have you treated specifically for tobacco use disorder? \_\_\_\_\_

5. Would you be able to commit *at least* 1 hour each week to helping your facility implement tobacco cessation treatment in mental health and addictions settings (e.g., training staff, organizing and promoting tobacco cessation treatment for patients with mental disorders)?

Yes\_\_ No\_\_ Don't Know\_\_

6. Please describe your goals for attending this conference:

7. Will my facility fund my travel and per diem to the conference?

\_\_all travel and per diem expenses will be funded by the facility where I work

\_\_a portion of my travel and per diem expenses will be funded (approximately what %: \_\_\_\_\_)

\_\_my facility will *not* fund any of my travel or per diem expenses (attach notice of denial of funding from your Travel Office)

**Please complete and return the attached application by February 17, 2006. Applications will be considered in the order in which they are received.**

***Please note that the application process is competitive.***

**Applications and inquiries should be directed to:**

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